



Physical Activity's Related Factors Based on Transtheoretical Model in Older Adults Guilan In 2013

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ABSTRACT

The present study is aimed to determine the physical activity and its related factors based on transtheoretical model in elderly residents of Guilan province, Iran.

In this study, cross-sectional research design was applied. 262 elderly people were selected using convenience sampling techniques. Furthermore, the participants were asked to complete a self-administrated questionnaire.

The study was carried out in the active retirement centers located at Rasht, Guilan province, Iran; also, the collected data belongs to the year 2013. The selected individuals completed questionnaire included with the stages of change, processes of change, and physical activity scale for elderly questionnaire (PASE). Data were analyzed applying SPSS V. 16 Software by which the descriptive and analytic statistics were performed.

The result showed that mean PASE score was 119.35 ± 51.50 . Most of the individuals were in the maintenance stage. There is a significant difference in the of change during stage of change ($P < 0.05$). Also, a significant relationships was found among the physical activity, increasing awareness, self-reevaluation, counter conditioning, reinforcement management, and stimulus control ($P < 0.05$). Based on the results from the regression analysis, counter conditioning and stage of change are in fact the predictors of physical activity behavior. Also indicated that specific factors, counter conditioning, social liberation, self reevaluation, self-liberation, have important roles in predicting stage of change physical activity behavior.

Based on the results, it can be concluded that the use of TTM to identify the factors affecting physical activity behavior and its change in elderly is a promising method which should be taken into account.

KEYWORDS: Physical activity, Aged, Transtheoretical model

INTRODUCTION

Due mostly to this fact that an aging is a critical period of human life, focusing on it is indeed a social necessity. The control of population through birth control programs and advanced technology in order to increase the life time of the individuals has changed the structure of the population toward the process of aging(1). Mortality rate reduction caused by reducing the birthrate has increased the life expectancy and also the elder population(2). In a survey conducted in Iran(2007), life expectancy for men and women was estimated to be 72.2 and 73.9 years, respectively(3). Review of statistical indices has also indicated the accelerated growth of elderly population; such that an explosion in the elderly population is expected to occur in 2031. The increase in the elderly population is one of the most important economic, social, and health challenges in the 21st century(4).

The elderly are exposed to potential threats, including increased risk of chronic diseases, loneliness, isolation etc(5). based on the previously conducted studies, a small increase in physical activity will be beneficiary for human health(6). Physical activity is known as one of the most important health behaviors in preventing a variety of diseases associated with aging(7).

In addition, it has also been shown that over 80% of Iranian population is not physically active(9). In the United States, 25% of adults are inactive, while in Brazil, only 13% participate in a regular physical activity(10). Salehi(2010) reported that 30.25% of the elderly had no specific exercise program(8).

So far, many studies have identified the factors which are related to participation of the elderly in physical activity(9). In fact, psychological, social, environmental(7), and demographic factors were considered to be the important factors in regular physical activity(9). In many studies, independence, sense of efficacy, preventing fatigue, sense of ability, easy access to sporting facilities(6), meeting new people, having fun and communication with friends were involved in performing physical activities(9). In addition, lack of time, laziness, lack of partner and friend for

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